Lena Dunham

Getting 'real' on feminism, millennials, sexuality and the new season of Girls

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Paramedics shortage hits rural areas hard

EMERGENCY RESPONSE

Arnprior residents must wait longer for ambulances

Jessica Cunha
Metroland Media

Paramedics stationed in West Carleton and other rural communities in Ottawa are responding to more calls in the city, leaving the rural sectors to be covered by neighbouring municipalities.

Ambulances based at the West Carleton Community Complex in Kinburn and at the depot on Riddell Drive aren't staying long in their coverage areas and some residents are concerned about response times if emergency services are needed.

Dunrobin Shore resident Susan Christy called 911 on Feb. 3 and 8 when her seven-year-old daughter had seizures.

"My daughter has epilepsy," said Christy. "We've had to call paramedics twice in the last two weeks."

During one of her daughter's seizures only one paramedic showed up when Christy called 911. They had to wait an additional 45 minutes for a second paramedic to arrive before her daughter could be transported to hospital.

Christy said the paramedics cautioned her that service levels wouldn't be the same; ambulances likely won't be responding from Kinburn and Dunrobin but from further away — such as Arnprior or Kanata — resulting in a longer wait time.

Request for comment from the Ottawa Paramedic Service was not returned as of Metro's press deadline.

West Carleton-March Coun. Eli El-Chantiry said paramedics are still stationed in West Carleton at the two depots, but are quickly being rerouted to calls in the city.

"We have a shortage of paramedics," he said. "They're so busy in the core they're taking the rural ambulances."

El-Chantiry said it doesn't make sense for ambulances to sit idle waiting for local calls when there are so many calls for service in denser areas of Ottawa.

When this happens, neighbouring municipalities have to pick up the slack.

> **There's a fairly huge ripple effect.**
> Peter Emon

The closest ambulance to a call — no matter where it's originally stationed — must respond. Those in Renfrew County aren't happy.

Residents of Arnprior can expect longer response times and periodically no ambulance service at all due to a decision made by the City of Ottawa.

The city is reducing ambulance service in rural wards such as West Carleton to service its urban core. That means ambulances stationed in Arnprior will likely have to respond more frequently to Kinburn, Constance Bay and beyond, thanks to a provincial rule mandating the nearest available paramedic to respond in an emergency.

Ambulances could be out of town for hours on end while city patients are at downtown hospitals.

Renfrew county Warden Peter Emon says it will cause problems for neighbouring communities, too. When the ambulance is not in town, another will be pulled from Goshen or Renfrew to respond to Arnprior emergencies, which will take away from those areas.

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Jessica Shapiro at the mayor's Family Day party at city hall, which included an electrostatic generator. EMMA JACKSON/METRO

Family make your hair stand on end?

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metro NEWS

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Quebec film industry looks into name of Jutra Awards amid pedophile allegations against Claude Jutra.

Police reject case review model

SEXUAL ASSAULT

Advocates say it's a 'missed opportunity'

Joe Lofaro
Metro | Ottawa

Erin Leigh, executive director of the Ottawa Coalition to End Violence Against Women (OCTEVAW) says it's a missed opportunity that Ottawa police decided not to disclose unredacted sexual assault files for review by VAW advocates. JOE LOFARO/METRO

Fifteen years ago, when a newspaper revealed that the Philadelphia Police Department was sweeping sexual assault cases under the rug, the city's former police commissioner, John Timoney, did what no other police force in America had ever done.

He allowed outside advocacy groups perform an internal audit thousands of sexual assault cases improperly classified by the police as "unfounded" — a tactic used by the department to boost its own crime statistics.

The audit of more than 2,000 cases revealed hundreds of them were not investigated when they should have been. After the scandal, "The Philadelphia Model," as it's now known, has been widely regarded as a success, with annual audits of the special victims unit continuing to this day.

The Baltimore Police Department has also adopted a similar model.

In Ottawa, a collective of advocates who are part of a subcommittee examining the police's response to sexual assaults has been lobbying the Ottawa Police Service for the past two years to follow suit.

They're not alone.

University of Ottawa president and former federal justice minister Allan Rock, and law professor Elizabeth Sheehy, both penned an op-ed in the Ottawa Citizen this month calling for Ottawa police to adopt the model.

In mid-December, Ottawa police told the subcommittee they will not adopt an advocate case review model, citing privacy concerns as one of the major "stumbling blocks" to going ahead with it. Members of the subcommittee now call it a missed opportunity.

"We shouldn't need to have scandals to implement best practices, we should want to do that proactively," said Sunny Marriner, subcommittee member and executive director of the Ottawa Rape Crisis Centre.

The group made a formal request to review closed sexual assault and partner assault cases that did not involve minors.

They also proposed to have only people familiar with Canadian law and employed by local advocacy organizations do the review.

The goal was to sit down with police to go over cases deemed unfounded that may be potentially problematic; whether they were closed prematurely or evidence was overlooked.

Last November, Ottawa police acknowledged that they prematurely closed the sexual assault case of University of Ottawa student Melodie Morin. Her case was reopened after a public outcry, but police said in January the suspect had fled the country.

"Ottawa had the opportunity to be that leader to develop their violence against women response more than anybody else in the country and lead other (police) services in the country on how to do it," said Marriner.

"We're deeply, deeply disappointed."

> We shouldn't need to have scandals to implement best practices, we should want to do that proactively.
> Sunny Marriner

Ottawa Police Insp. Joan McKenna, who has been working with the subcommittee, told Metro that after the force consulted with its lawyer, it was determined that municipal privacy laws prohibit the police service from disclosing its case files to a third party.

McKenna said Ottawa police would support the model only if the information were censored.

The names of victims, suspects, witnesses, police officers, and any identifying information, such as addresses and even injuries, would have be redacted from the files.

She also said police would not be able to release any audio-visual recordings, the police's preferred method of collecting victims' statements.

"We have a duty to protect that information," said McKenna. "The reason we collected this information is to do a criminal investigation. We had some very serious concerns about releasing information and to use it for a purpose other than what it was collected for."

Subcommittee members say the censorship would nullify the whole review process.

Another subcommittee member, Erin Leigh, said while there might not be a Philadelphia-sized crisis within the Ottawa police, a recent University of Ottawa study highlighting women's negative experience in reporting their abuse is a signal that improvements are necessary.

Since the study was released, the percentage of unfounded sexual assault cases has dropped from 38 per cent to 21 per cent as a result of the force reclassifying cases in which the woman chooses not to press charges in the middle of an investigation, according to McKenna.

5%

The percentage of sexual assaults reported to the police, according to Statistics Canada.

Leigh, who is executive director of the Ottawa Coalition to End Violence Against Women, said the proposed model is not about naming and shaming police officers, but about making the police response to violence against women the best it can be and to increase accountability.

"What we want to do is collaborate with police and improve their response," she said."This is about making things better."

While the subcommittee's efforts are at a standstill, Leigh said members continue to collaborate with Ottawa police on other initiatives.

POLICE FILES

Law professor says review model could work in Ottawa

It's possible for the Ottawa Police Service to disclose personal information in sexual assault files to outside experts and protect victims' privacy at the same time, says the Canada Research chair in information law at the University of Ottawa.

Professor Teresa Scassa and her colleague Amy Conroy wrote a paper on the issue earlier this year, which called on police forces in Canada to consider adopting the Philadelphia Model.

> I think the only barrier here is the will to do it.
> Teresa Scassa

"The Philadelphia Model should be considered in Canada, where systemic bias in the investigation of crimes of sexual violence against women continues to prevent an adequate response to the issue," the academics wrote in their paper, Balancing Transparency and Accountability with Privacy in Improving the Police Handling of Sexual Assaults.

Scassa, a law professor and member of the external advisory committee of the Office of the Privacy Commissioner of Canada, said the model could be adopted in Ottawa if the advocates who review cases sign confidentiality agreements. The group that has been lobbying the Ottawa police to adopt the model said they would be willing to do that.

"There's nothing in Ontario privacy law that stops the police here from doing the same thing," said Scassa. "I think there is a great tendency to use privacy as an excuse for not doing things, or for government institutions to use privacy as an excuse for not doing things they don't want to do."

She said the confidentiality agreement would set out the parameters of the review, including limitations and what the advocates' roles would be.

"It really is a question of paradigm. Do you think of these experts in sexual assault as outsiders who want to peek in, or do you see them as partners working toward the objective of systemically improving the handling of sexual assault cases?" she said."I think it can be done. I think the only barrier here is the will to do it."

Ottawa Police Chief Charles Bordeleau has said ending violence against women is one of his three main priorities.

JOE LOFARO/METRO

Charles Bordeleau
ADRIAN WYLD/THE CANADIAN PRESS

5 THINGS HAPPENING AT CITY HALL THIS WEEK

From the city's climate change plan to a bylaw on the commercial sale of pets at shops, plus a collection of bus route changes, here's a look at the week ahead.

Lucy Scholey
Metro | Ottawa

1 Pet stores

Ottawa pet stores may soon be restricted from selling commercially bred dogs and cats. A proposed bylaw would affect three stores that sell animals from "commercial breeders." Ottawa residents have until Feb. 29 to weigh in on the bylaw change at ottawa.ca.

2 Hydro line debate

Expect to hear from residents upset about the province's proposed Hydro line for South Nepean. The Independent Electricity System Operator (IESO) wants to install a 230-kilovolt line to satisfy "growing demand." Bill Eggertson, a member of a local advisory committee for IESO, said the Crown corporation plans to go ahead without public consultation.

3 Climate change plan

One councillor is calling for a stricter greenhouse gas goal. At the environment committee, chairman David Chernushenko will table a motion proposing a new climate-change plan that includes exploring the feasibility of enforcing minimum energy performance standards, adopting a new long-term greenhouse gas reduction target, and changing the committee's name to the "environment and climate protection committee."

4 Bus route changes hit students

University of Ottawa students must navigate bus route changes smack in the middle of exam season. OC Transpo officials recently announced the final phase of bus schedule changes due to light rail transit construction. The Campus Station, a busy section between Lees and Laurier, will close on April 24. The transit commission will consider a report on the route changes on Wednesday.

5 Max Keeping

The city is also hosting a public consultation on naming the new pedestrian and cycling bridge over Highway 417 near Coventry Road "Max Keeping Bridge." This follows the mayor's motion to name the walkway after the late broadcaster.

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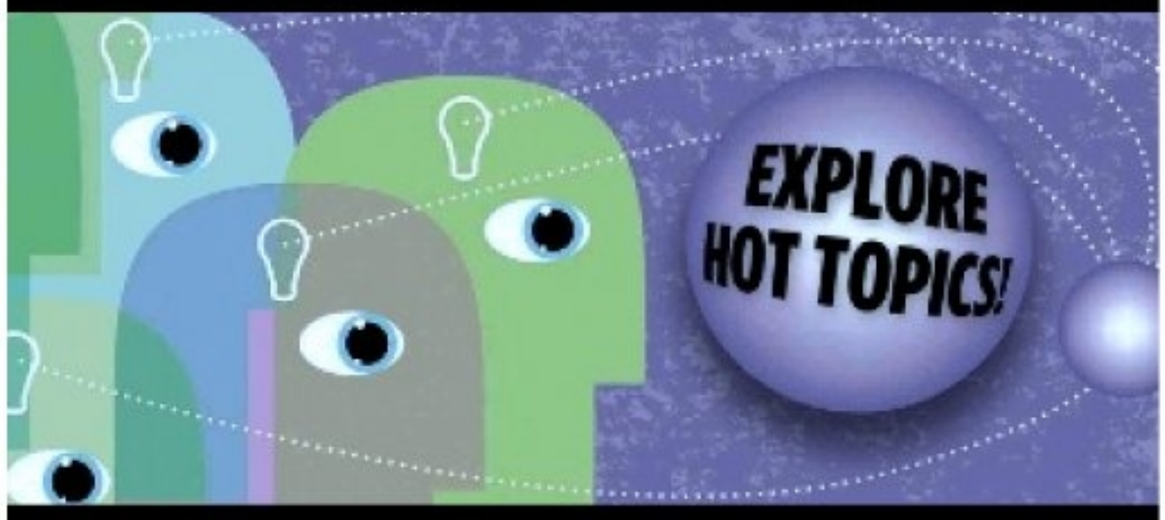

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ECONOMY

Kanata North a 'magnet' for entrepreneurs, says report

David Sali
Ottawa Business Journal

Companies in Kanata North generate $7.8 billion in economic activity each year and employ more than 30,000 people, according to a new study.

The tech sector alone accounts for $6.6 billion of that total and provides jobs for more than 26,000 employees, or about one-third of the total number of tech workers in the Ottawa region, says the report, which was conducted by Doyletech Corporation and released late last week at City Hall.

"Kanata North is a magnet for innovators and entrepreneurs with a zeal for identifying opportunities and responding to needs as they arise," said the report, which was commissioned by the Kanata North BIA and funded in part by a $7,500 research grant from the city.

BIA executive director Jenna Sudds noted Kanata North's tech sector is larger than Victoria's, which has 23,000 employees and an economic impact of $4 billion, and comparable in terms of its number of employees to Waterloo, where about 29,000 people work in the industry.

"It became quickly apparent that what we have really is a gem," she said during a news conference.

Mayor Jim Watson said the study underlined the need to do more to promote Ottawa, and Kanata in particular, as a centre of innovation.

"I think it brings to light what a lot of us have felt, that we have a very vibrant and growing high-tech sector in Kanata, and I think we have to do a better job of selling and marketing it," he said.

The number of tech workers in Ottawa as a whole grew from slightly more than 50,000 in 2012 to 76,000 last year, a fact that is often overlooked, Watson said.

"Everyone talks about Waterloo, but we have four or five times the number of employees and companies that Waterloo has," he said. "Yet they're always held up as this great role model."

The report also identified bringing light rail to Kanata as a top priority. Stage 2 of the city's LRT master plan calls for service to be extended west to Bayshore Shopping Centre by 2023, but no provincial or federal dollars have been earmarked for anything beyond that.

Employers also pointed to a shortage of skilled workers and a lack of restaurants and conference facilities in the area as other key concerns.

$6.6B

Of the $7.8 billion in economic activity generated by companies in Kanata North, **$6.6 billion derives from the region's tech sector — providing residents with 26,000 jobs.**

> It brings to light what a lot of us have felt, that we have a very vibrant and growing high-tech sector in Kanata. Mayor Jim Watson

Feds meet families of missing women

CONSULTATIONS

Inquiry into vanished native women may start in summer

Michael Woods
Metro | Ottawa

The federal government is a step closer to launching a national inquiry into missing and murdered indigenous women after wrapping up pre-inquiry consultations in Ottawa on Monday.

Minister of Indigenous and Northern Affairs Carolyn Bennett and Minister of Status of Women Patty Hajdu met with families of missing and murdered indigenous women at the downtown Marriott Hotel.

The meeting was the last of 18 meetings across the country during the past three months, during which the ministers heard from 2,000 people about who should conduct the inquiry, its scope and length, and who should participate.

"We're going to take everything we've heard and try to turn it into a very different inquiry than Canada's ever seen before," Bennett told reporters. She said she hopes to launch the inquiry by the summer.

Bennett said many families expressed a lack of satisfaction with the justice system and said they wanted cold cases involving their loved ones reopened.

"If their loved one's death was deemed an accident or a suicide when they believe their loved one was murdered, they can't rest," she said.

Claudette Commanda, a Kitigan Zibi band member and professor at the University of Ottawa, described Monday's meeting as "very emotional," saying the common theme was the families' need for justice and healing.

"The families want their voices to be heard for their loved ones, because their loved ones are not here to speak."

According to a 2014 RCMP report, 1,017 aboriginal women were murdered between 1980 and 2012. Another 164 were considered missing.

Minister of Indigenous and Northern Affairs Carolyn Bennett. ADRIAN WYLD/THE CANADIAN PRESS

RECREATION

Weather fails to stop Family Day fun

Emma Jackson
Metro | Ottawa

With a shrug toward the frosty thermostat, hundreds of families flocked downtown Monday for some Family Day fun.

It was a busy day in the capital: Winterlude was wrapping up, National Flag Day took over Confederation Square and community groups were hosting Family Day celebrations across the city.

At city hall, Mayor Jim Watson hosted his annual skating party on the Rink of Dreams, even though he's an admittedly poor skater. He preferred to mingle on the sidelines with the mascots and musicians.

Thankfully, organizers also invited local museums to set up some indoor games, crafts and demos, since the wind chill was still below -20 C Monday afternoon.

The crowd pleaser was an electrostatic generator from the Canada Science and Technology Museum.

Holding the metal orb, those with long locks could make their hair stand on end — much to the delight of camera-happy parents — while closely-cropped kids made foil baking cups fly.

Across the road, a children's choir helped Hull-Aylmer MP Greg Fergus celebrate the Canadian flag's 51st anniversary. Fergus led the crowd in a "citizenship reaffirmation ceremony" before carving up a Canadian flag cake.

Skaters also stormed the Rideau Canal, which opened in full for the first time this weekend.

The cold snap was a total reversal from last weekend, when unseasonably warm weather melted ice sculptures and prompted a temporary shutdown on the canal.

People skate on the Rideau Canal Skateway on Family Day in Ottawa on Monday. JUSTIN TANG/THE CANADIAN PRESS

ON THE ROAD

Infrastructure repairs mean traffic disruptions

Prepare for backups on Queen Elizabeth Drive this month as the city begins replacing sewers and water mains on Gilmour Street.

Beginning today, a 400-metre stretch of the QED will be reduced to one lane between 9 a.m. and 3:30 p.m.

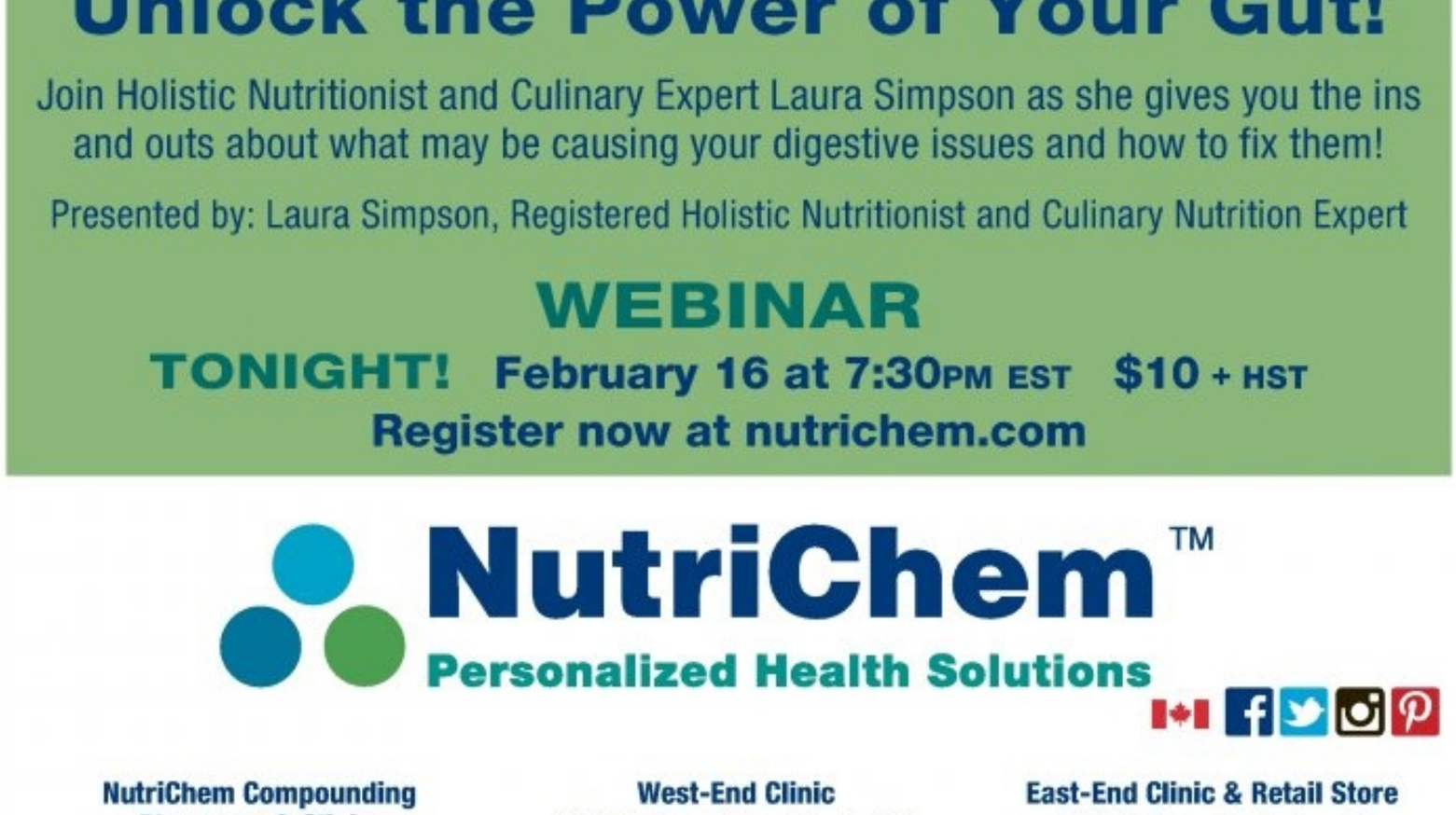
A 400-metre section of the western Rideau Canal bike path will also shut down completely on Thursday until the end of June, the city said.

The closure between Somerset and Waverley streets means cyclists and pedestrians should detour up Somerset, onto the Driveway and back down Waverley, the city said.

A temporary crossing will be constructed to help people safety navigate traffic.

The Gilmour rehabilitation project will replace aging sewer and water infrastructure in a neighbourhood prone to basement flooding.

EMMA JACKSON/METRO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Hateful Valentine spurs complaint

EDMONTON

Man receives homophobic card on the job

A Valentine given to Degas Sikorski, shown in a Facebook post by his mother Shelley Bramhoff Sikorski. THE CANADIAN PRESS

A man says he is filing a complaint with police after he received a Valentine at work that was defaced with a homophobic slur.

Degas Sikorski, 20, said the Valentine that he received from a Party City store in Edmonton where he has worked for years said he wasn't getting any shifts "for a reason."

Sikorski said police have given him witness forms to fill out that could lead to the slur being investigated as a hate crime.

"They said it is a hate crime," Sikorski said Monday. "The guy at the police station said, 'Absolutely this is a hate crime. We will absolutely have to look into this.'"

Edmonton police were not available for comment.

A public relations firm that speaks for Party City issued a statement on the weekend that said the company does not condone the behaviour and is committed to creating a fair and inclusive work environment.

Company officials were not available for comment Monday, but have indicated they will release more information when it becomes available.

Sikorski, who has been working at the party supply store while putting himself through the University of Alberta, said no one should have to face such treatment.

He wants an explanation as well as apologies from the person who wrote the Valentine and from company management, he said.

"The name is Party City, for Pete's sake. It should be about a friendly and welcoming atmosphere."

Sikorski said he is still not on the company's work schedule and isn't sure he wants to go back. THE CANADIAN PRESS

Paratroopers set up a preliminary camp with light gear. BRAEDEN JONES/METRO

Troops head north to train

"It's going to be a pretty steep descent, just so you're aware."

The pilot of the C-17 Globemaster taking 120 Canadian reservists into Resolute Bay to spend a week training in the high Arctic is more candid than the average commercial pilot — but his passengers are used to that kind of directness.

They're part of a larger contingent of Canadian Forces members training around the North between early February and early March. More specifically, they belong to the Arctic Response Company Group (ARCG).

The 120 who landed at the Arctic Training Centre Saturday are relieving Princess Patricia's Canadian Light Infantry (PPCLI) members from Edmonton, who parachuted into the area on Friday, in the joint training exercise Arctic Ram 2016.

Most had never been as high as Resolute Bay, close to latitude 75 degrees. It's about 2,400 kilometres from Winnipeg, still in the central time zone, but basically straight north.

The community of Resolute is the most populated northern settlement in the Canadian Arctic.

But the reservists stayed at the Arctic Training Centre northwest of that hamlet on Saturday night. They'll spend subsequent evenings in tents pitched out on sea ice, braving the harsh Arctic climate, where the bulk of their training exercise will be staged.

The mock scenario this week has the ARCG responding to a "downed satellite," with the objective of locating its parts.

The PPCLI paratroopers responded first on Friday, setting up a preliminary camp.

After spending most of Saturday evening repairing snowmobiles and specialized "Komatik" sleds, ARCG deployed Sunday by land and sea ice.

Maj. James Meredith, the officer in command, said the training is "invaluable."

Meredith explained it's a demonstration of the force's ability to "stretch out from a base in Winnipeg" with numbers, and "(fire) out another 150 to 200 kilometres" from there during the mission.

During Exercise Arctic Ram 2016, Metro will be reporting on aspects of the Canadian Arctic, the community of Resolute and the military's presence and training in the area.

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Top court vacancy ups election stakes

U.S. SUPREME COURT

Justice's death makes seat an issue in race to White House

The unexpected death of Supreme Court Justice Antonin Scalia, and the immediate declaration from Republicans that the next president should nominate his replacement, adds even more weight to the decision voters will make in November's general election.

Candidates in both parties moved quickly to reframe the election as a referendum on the nine-member high court's future.

Texas Sen. Ted Cruz released a new television advertisement Monday warning voters that conservatives are "just one Supreme Court justice away" from losing on issues including "life, marriage, religious liberty, the Second Amendment." The spot also suggests Republican front-runner Donald Trump would nominate more liberal justices and includes clips of the real estate mogul saying he's "very pro-choice."

Democrat Hillary Clinton painted a similarly stark scenario, stating the court's make-up is crucial to preserving abortion rights and the legality of gay marriage nationwide.

The court now is divided between four liberal and four typically conservative justices.

Obama pledged to nominate a replacement in "due time," even after Senate Majority Leader Mitch McConnell said that responsibility should fall to the winner of the 2016 election.

With three other justices over the age of 75, the next president could have other vacancies during his or her tenure, even if Obama fills Scalia's seat. THE ASSOCIATED PRESS

Members of People for the American Way gathered at **the U.S. Supreme Court in Washington** on Monday to call on Congress to consider any nomination by President Barack Obama to fill the seat of Justice Antonin Scalia. CAROLYN KASTER/THE ASSOCIATED PRESS

HEALTH

Cancer 'moonshot' not enough: Expert

Days after launching his $1-billion US cancer "moonshot" last month, U.S. Vice-President Joe Biden was already grounding his space metaphor.

Biden first used the lofty analogy in October, several months after his son's death from brain cancer. It was deployed again in January, when U.S. President Barack Obama tasked Biden with leading the "cancer moonshot task force."

At the Abramson Cancer Center in Philadelphia, where Biden kicked off his bid to "end cancer" on Jan. 15, he backed away from the metaphor.

"The first thing he said was, 'You know, the choice of the word "moonshot" may have been an unfortunate one,'" said Dr. Chi Van Dang, the centre's director. "It implies something too simple; that we can just assemble the engineers and the astronauts, make the rocket, and we'll get to the moon and back," Dang recalls Biden saying.

Critics seized upon the flaws in Biden's pledge, particularly its price tag — not enough money to bring a single drug to market.

With the looming election, Biden's days in the West Wing are numbered, with no guarantee it will be approved by Congress.

But cancer research advocates believe Biden is in this fight for the long haul — the $1 billion isn't a moonshot, but a "down payment." TORSTAR NEWS SERVICE

IN BRIEF

Odin-inspired vigilantes operating in Norway: Police

Norwegian police say a vigilante group calling itself the Soldiers of Odin has appeared in the country amid an influx of migrants that the group perceives as a threat. THE ASSOCIATED PRESS

Russia implicated in strikes targeting hospitals, school

Airstrikes blamed on Russia hit two hospitals and a school in northern Syria on Monday. The strikes have killed and wounded dozens of civilians. THE ASSOCIATED PRESS

Millennials cool to older brands

MARKETING

Younger crowd prefer social media, tech labels: Survey

Millennials may appreciate vintage, but not when it comes to brands.

Old-stock companies aren't winning the favour of the "Netflix and chill" generation, according to an Ipsos-Institute of Communication Agencies survey of the most influential brands in Canada in 2015. They studied more than 100 brands that spent the most on advertising last year.

The demographic born between 1982 and 1996 was more likely to prefer technology and social-media brands such as PayPal and Instagram than more deep-rooted companies such as Walmart, Canadian Tire and the CBC, the survey suggests.

In the last two years, Netflix was one of Ipsos' "brands on fire," said Steve Levy, the research firm's chief operating officer. "It was never in the top 10, but it was a brand that moved up really quickly." Netflix came in fifth among millennials last year, and 22nd among Generation X.

"It's somewhat surprising how much divergence exists between the generations," Levy said.

Millennials were also much less likely than their parents or grandparents to hold Canadian Tire in high esteem. The company founded in 1922 by the Billes brothers in Toronto was the seventh-most influential among boomers, but a distant 51st among millennials.

Canadian Tire's own data shows it has "seen steady improvements over the last number of quarters among millennials and young active families," company spokeswoman Stephanie Nadalin said.

Despite its efforts, the CBC is another brand that doesn't appear to have caught on with the younger crowd, according to the survey. Boomers rated the national broadcaster fourth among the most influential, while millennials placed it 28th.

Across all age groups, Google was the most influential brand for the second year in a row, according to the Ipsos-Institute of Communication Agencies survey. Fellow tech giants Apple, Microsoft, Facebook and YouTube rounded out the top five.

Google also came in second behind Apple in another recent study, the Top 100 Global Brands by the multinational marketing research firm Millward Brown.

TORSTAR NEWS SERVICE

> "(Netflix) was never in the top 10, but it was a brand that moved up really quickly. Steve Levy

LOBSTERS U.S. FISHERMEN KEEP MORE OF THEIR CATCH America's lobster industry is sending less of its catch to Canada's Maritime provinces, where some two dozen companies process millions of pounds of lobster meat every year, as processing grows in New England. U.S. lobster fishermen exported about 69 million pounds of lobster to Canada in 2014. The 2015 figure was less than 67 million, U.S. data show. THE ASSOCIATED PRESS FILE

HOUSING

Mortgage new rules kick in

Canadians looking to buy homes between $500,000 and $1 million will have to put down larger down payments as new federal rules took effect Monday. Homebuyers must now put at least 10 per cent down on the portion of a home that costs more than $500,000.

Buyers can still put down five per cent on the first $500,000 of a home purchase. Homes that cost more than $1 million still require a 20 per cent down payment.

Phil Soper, president and CEO of Royal LePage, says the new rules aim to slow the breakneck pace of price growth in the red-hot markets of Toronto and Vancouver without affecting markets that are lagging, such as those in oil-dependent provinces.

"The problem with monetary policy is that it impacts the struggling Calgary market or the just-fine Winnipeg market and the overheated Vancouver market in equal amounts," Soper said.

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PHILOSOPHER CAT by Jason Logan

EMMA TEITEL: ON SELF-ESTEEM IN THE SOCIAL-MEDIA AGE

This may appear corny or obvious, but when you're in high school it isn't. Everybody needs a little screen-free self-help from time to time, and the demographic least likely to get it — teenagers — needs it most.

This month in cyberbullying news: Oak Bay High School in British Columbia suspended its basketball team after a player posted a "highly inappropriate" photo of a teammate online. The photo was shared widely on social media, where, of course, the teammate pictured was ridiculed en masse.

The school's administration forced the team to forfeit its stellar season, a decision many students not directly involved in the incident strongly opposed — but a decision that is in every way wholly just.

Cyberbullying isn't an isolated episode, nor is it carried out by a single person acting alone; it's a cultural cancer.

Like sexual assault, it's an endemic problem in which very often, people who know one another hurt each other in unduly harsh and long-lasting ways — in full view of their social circles. Luckily, the powers that be, namely government and celebrity, have begun to take notice — and more importantly, take action.

The federal government announced plans last week to fight cyberbullying by looking into anti-bullying tools online: programs that enable students to monitor hateful language and flag inappropriate social media posts.

Similarly, self-styled anti-bullying activist Monica Lewinsky recently unveiled her own line of heart-shaped "#BeStrong" Emojis, a tool she is encouraging young people use when they face adversity online. None of this will cause harm. But will it prevent or alleviate it?

Though undeniably well meaning, there is something important missing from most anti-bullying initiatives. That is a crucial piece of mental health advice: Take a break. Unplug. Do something else.

It seems every institution's answer to this technologically fuelled problem is some form of technology itself, whether it's an app that flags hate slurs or an inspirational anti-bullying video on Upworthy.

It seems every institution's answer to (cyberbullying) is some form of technology.

Kids cannot avoid the Internet. It's how they do their homework and socialize. But breaks are good for the body and soul. The most valuable piece of advice I received from my dad amid my own first cyberbullying incident on MSN Messenger was, "Maybe you should turn that thing off for a few hours." I did, and suddenly the world felt a whole lot larger and my pain, a little bit less acute.

But abstinence is only a temporary salve. What kids need — what we all need — is self-esteem. This is why school conferences such as Power of Being a Girl should be as widely available to youth as celebrity-endorsed emojis.

The conference, organized by YWCA Niagara, brought almost 200 adolescent girls together this Thursday for special workshops and art therapy. It was, according to Andrea Bozza, Mental Health Lead at Niagara Catholic District School Board, to "promote self-esteem, self-image and the importance of accepting who you are."

Though some students did share their thoughts on Twitter, "This was a day," says Bozza, "about being in the moment and using mindfulness. It isn't often you see this many people in a room not on their computers or cellphones." Students talked about their feelings, and they drew them.

"What was really neat," says Bozza, "is while the speaker was talking, girls were doodling and we noticed ... they were writing things like 'love the skin you're in and 'proud to be an independent woman.' They weren't prompted to write these things."

All this may appear corny or obvious, but when you're in high school it isn't. Everybody needs a little screen-free self-help from time to time, and the demographic least likely to get it — teenagers — needs it most.

"There's a whole world around you," 15-year-old Brooklyn Daly told me after the day was done. "Your phone will always be there, but other things won't be."

In the fight against cyberbullying, apps and emojis aren't necessarily a bad idea. But perhaps building self-esteem away from the technology that depletes it is a better one.

Emma Teitel is a national columnist for the Toronto Star.

metroview

Padlock your phone: The only reliable way to unplug in 2016

Matt LaForge
Metro | Toronto

I had yesterday off work. So did many of you. It was great, right?

The February holiday might be the best one. It sneaks up out of nowhere and always feels like a snow day. Accordingly, the day's leisure tends to be improvisational: Watch six movies, order Chinese food, play on your phone from noon until midnight, if you want to.

There's a group out of Alberta that would prefer you not do that last one. The Family and Community Support Services Association of Alberta is behind an effort to make the holiday four provinces call Family Day a devices-switched-off day: "Family Day Unplugged."

In principle it's worthwhile. We could stand to be healthier and less self-involved, so why not submit, via the honour system, to some symbolic remediation?

Because the honour system won't cut it. I've seen firsthand what it takes to induce a large group to go phoneless, as opposed to merely promising that they'll do so. It's major.

Last Friday I went to see Dave Chappelle in Toronto. The day before the show, the ticket vendor sent an email: "We strongly recommend leaving your devices at home or in your car." And if I don't?

If I don't, I soon found out, I, along with all 1,000 fellow ticket-holders, will be forced to surrender my phone to security personnel, who will enclose it in a grey neoprene sock with a locking top. They'll keep the key, but I'll get to carry around the prophylactic pouch. At least I can hold a phone-sized thing. I watched the couple seated beside me periodically pull out their soft-shell device coffins and thumb at the locks in a not exactly longing, but not exactly casual manner.

It worked. Chappelle's material is as strong today as it was in 2003. Only those of us who saw it live can say so.

Barring a notebook, the only way to preserve the jokes was to rush out to the phone-check table when the set was over, unlock the sock and frantically write down as much as possible. A return to an older way of life.

If we really want to disconnect to connect, we don't need a day of unplugging; we need a day of repossession.

Matt LaForge is the managing editor of views and features at Metro.

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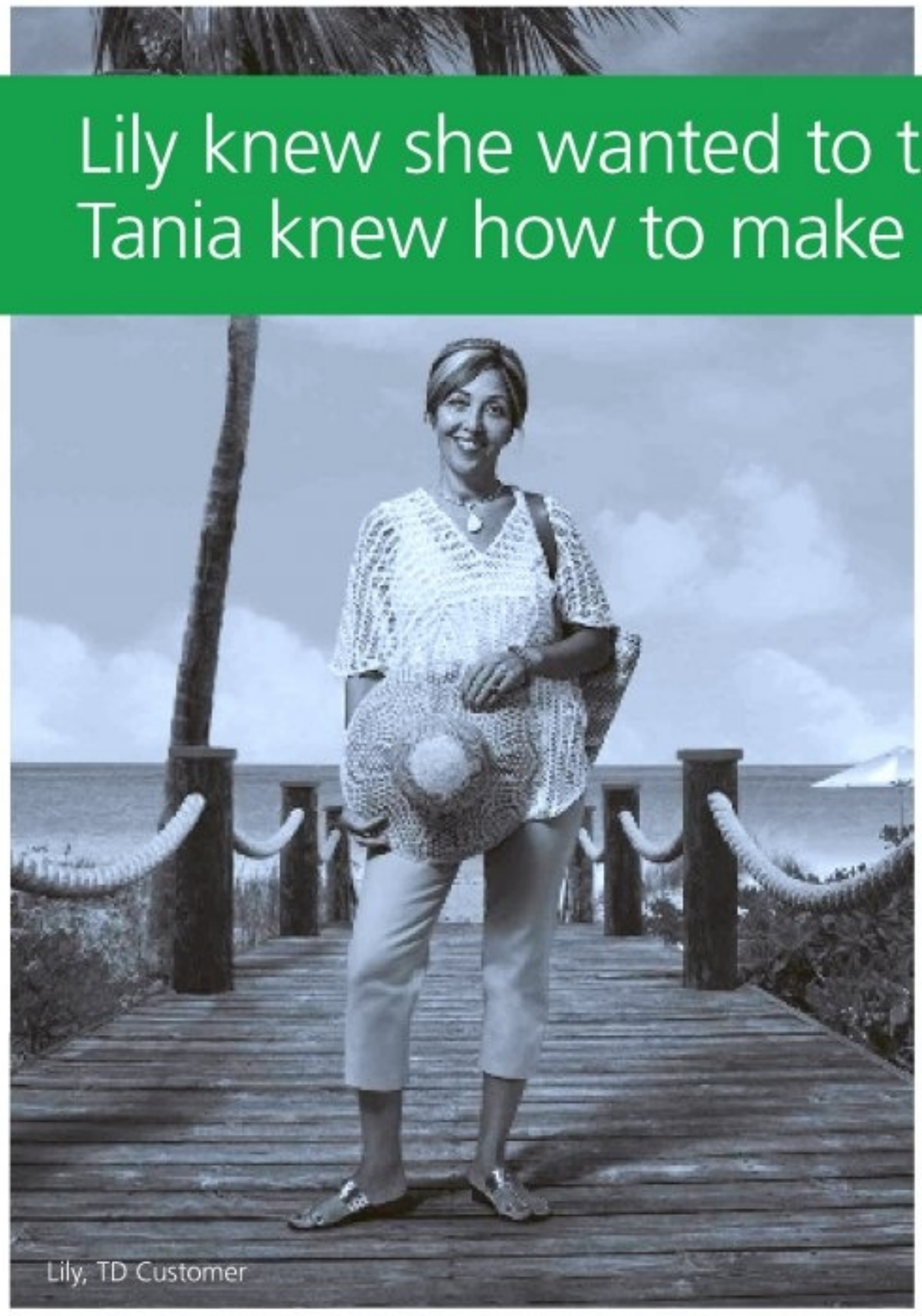

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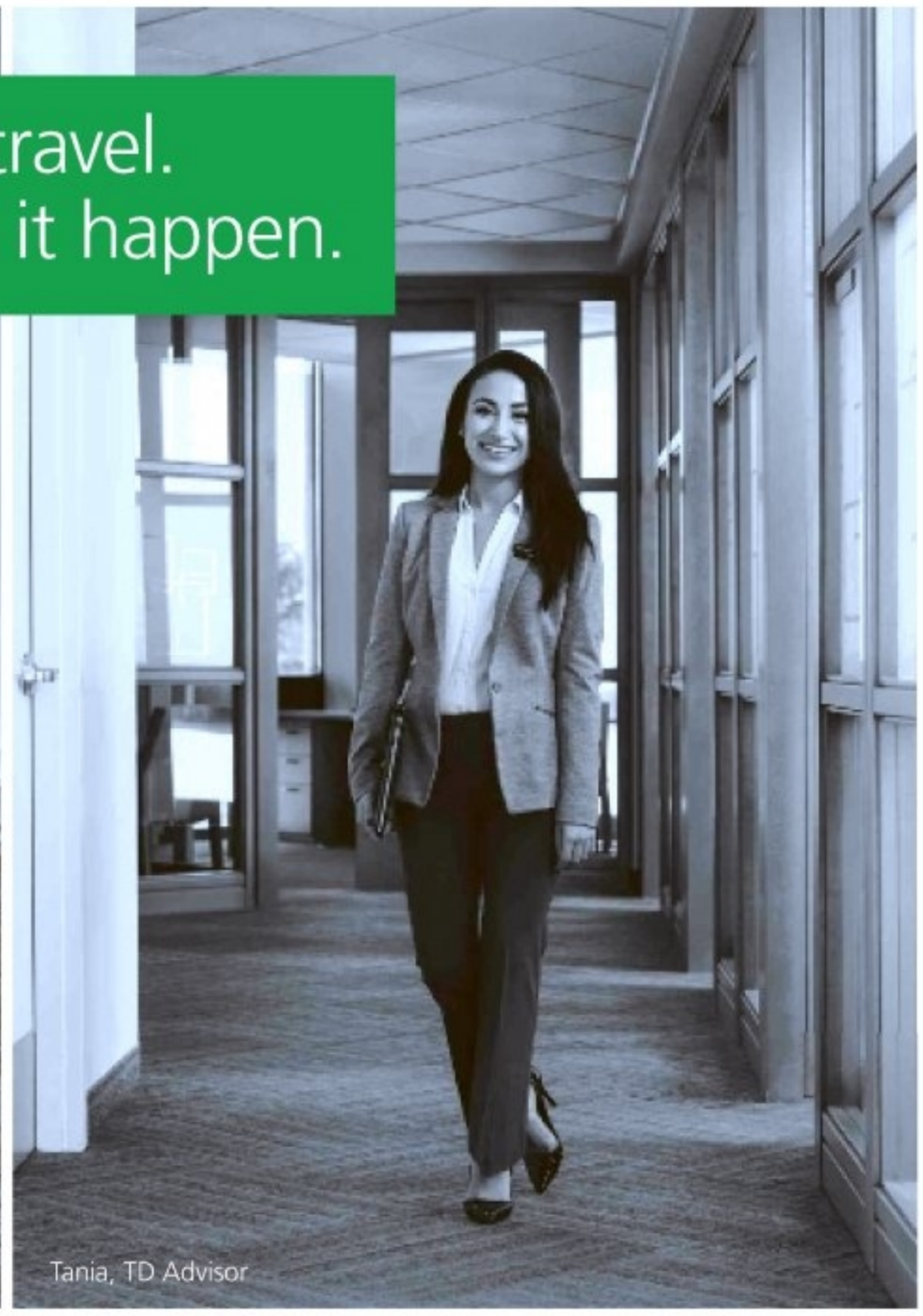

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Is your group RSP enough?

NEST EGG

Supplementary savings help ensure healthy retirement fund

Michelle Williams

If you're one of the fortunate Canadians to have a group RSP or a pension plan through your job, you may think your retirement is covered. Not so fast, say the experts. While such savings are a great start, you may need something extra if you want a healthy retirement nest egg.

Get the most out of your group RSP by educating yourself and staying on top of all your investments. ISTOCK

Then and now

A generation ago, employers set up pension plans that both the company and its employees paid into. "There was no opportunity for employees to have any say in how the money was invested, and it was expected that this would be their retirement income," says David O'Leary, managing partner at Eden Valley Partners in Toronto. "The onus was on the employer to invest responsibly to ensure the promised rate of return — all the risk was with the employer."

These types of "defined benefit" pensions still exist, but more and more employers are opting for "defined contribution" pensions or group RSPs, where the employee is accountable for investment choices. The way the group plan is structured and administered varies widely from company to company, but typically, employees have a limited set of investment options and get a few guidelines for making their choice.

"The way your employer structures the plan, your own knowledge and commitment to the plan and to your savings, and inconsistencies in rate of return on investment are just a few of the reasons you probably need to save outside your group plan," explains O'Leary.

A single portfolio

"It's a good idea to have a plan outside of work," agrees Dan Hallett, vice-president and principal at HighView Financial Group, "but you should look at it as one integrated portfolio. It's the best and most holistic way to manage your savings. Start with your group plan and supplement based on what you need for your retirement."

What's the best way to maximize your group RSP investment?

"Most people don't know much about their company's plan," says O'Leary. "They don't know their options, and even if they sign up for the plan, an alarming number of people don't ever sign up and set up a profile on the plan's website. If you don't take action, often the company defaults you to their choice of investments. It's important to stay on top of this investment, just like you would any other."

Why not just skip your group plan and do your own investing?

"It's not uncommon for companies to match an employee's contribution by as much as 50 to 100 per cent, up to a certain percentage of an employee's salary (usually four per cent," says Hallett. "That's free money for the investor." Even if the pension provider's list of investments is too narrow for your liking, "take it and pick the best investment choices available and make the most of the money being offered by your employer."

WISE INVESTING

- Write up your retirement goals so you know why you're investing and how much you'll need.
- Consult a financial advisor to work out a plan to match your retirement goals.
- Research your company's group RSP or pension plan to maximize your investments.
- Review your group RSP annually and make changes as needed to keep the mix in line with your goals.

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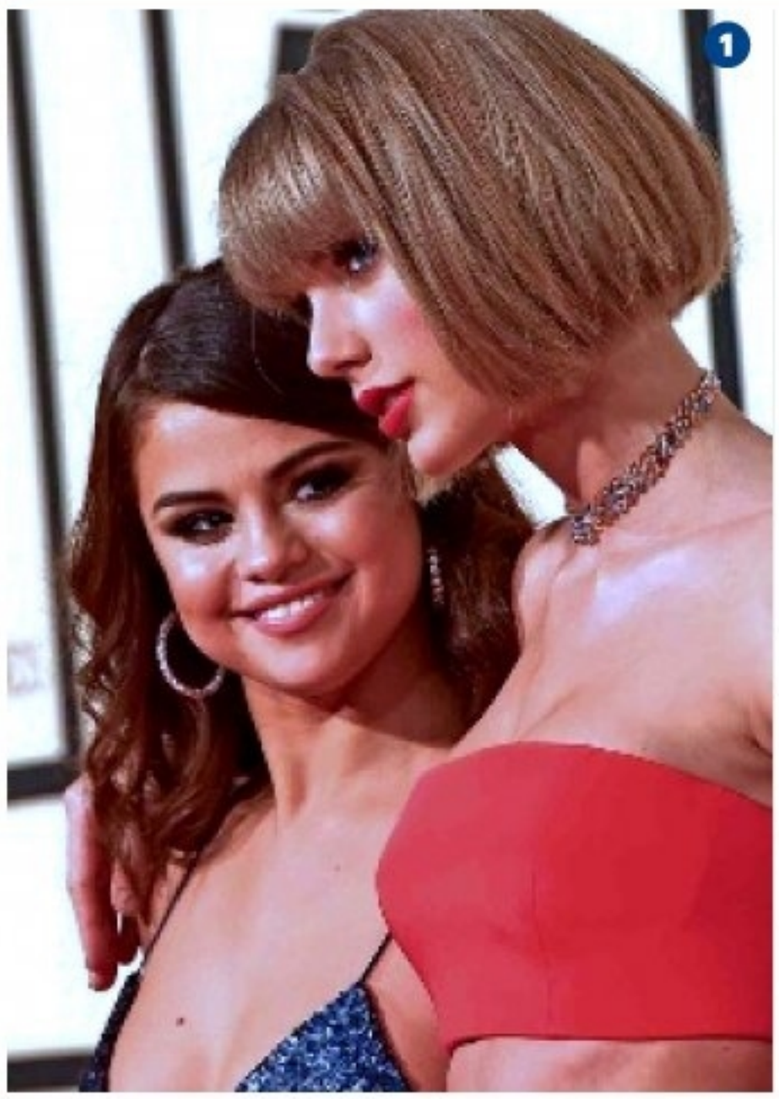
Your essential daily news

Award season beauty trend alert: red lips on the red carpet



Bieber gets first Grammy

Justin Bieber can finally say he's not just a star but a Grammy Award-winning star.

The 21-year-old singer (pictured right with his little brother Jaxon Bieber) won his first Grammy on Monday, sharing the prize for best dance recording with Skrillex and Diplo for Where Are U Now.

Bieber wasn't at the pre-telecast ceremony where the award was announced.

Legendary singer/songwriter Joni Mitchell won for best album notes on Love Has Many Faces: A Quartet, A Ballet, Waiting To Be Danced.

Canadian acts collectively had more than 20 nominations heading into the awards, capping off a sensational year in which Canucks commanded seven of the top 10 spots on the Billboard Hot 100.

At press time, Taylor Swift won two early Grammy Awards — for best pop vocal album and best video for Bad Blood at the pre-telecast Monday.

Swift yelled, "What?! We won! We won pop vocal album!" on the phone with Jack Antonoff, the guitarist from the band fun, who accepted on her behalf. THE ASSOCIATED PRESS

+ FULL AWARDS COVERAGE AT metronews.ca

1 Taylor Swift and Selena Gomez — The besties walked the red carpet together, with Swift in Atelier Versace and Gomez in Calvin Klein Collection.

2 Skrillex, left and Diplo — The EDM duo accept the award for best dance recording for Where Are U Now.

3 The Weeknd and Bella Hadid — Early in the night Canadian R&B sensation Abel Tesfaye took home best urban contemporary album for Beauty Behind the Madness and best R&B performance for Earned It (Fifty Shades Of Grey).

4 Ed Sheeran — The crooner accepts the award for best pop solo performance for his hit song Thinking Out Loud.

5 Best boudoir looks — From left: Singers who stunned on the red carpet were Tove Lo in a sheer lace By Malene Birger number, Faith Evans in a custom dress by Stello and Ellie Goulding in a blush-pink Stella McCartney on the red carpet.

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Wearing her feminism on her sleeve

GIRLS

Lena Dunham uses success to spread her message

Lena Dunham has been called a bellwether of modern feminism for the issues she addresses on her TV series Girls; it's a platform she's happy to occupy.

"If you have a strong desire to change something in the world, and you're lucky enough to have an audience to listen to you, then it only makes sense to use it," the 29-year-old said in an interview.

"Some say actors should maintain an air of mystery and not talk about that stuff, but that's never been my persona. It's always been correct for me that I would find a way to talk about my beliefs, hopefully without it overriding the content of the show, but still being really clear about what I think."

And what Dunham thinks is that it's about time feminist issues get aired in society at large.

"It was really great how much dialogue there was about women and women's representation last year, whether it was the Maureen Dowd New York Times article about the sexism that pervades Hollywood or whether it was women coming forward to talk about their experiences, like producer Shonda Rhimes, in a less fearful way.

"There were also some great entertainment releases: in the same month as the Sisters premiere with Tina (Fey) and Amy (Poehler) there was Joy with Jennifer Lawrence, about a strong female character, and Trainwreck with Amy Schumer and directed by my Girls co-showrunner, Judd Apatow, which did really well at the box office. All of that was important."

And then there's the Lenny Letter, which Dunham is proud to have launched with writing partner Jenni Konner.

"The fact we've been able to start some real conversations, whether it was Jennifer Lawrence's wage equality piece or Ellen Pao talking about sex issues in Silicon Valley, or whether to talk about the lack of attention paid to women's health: that for us was huge.

"And then with Jen's piece on wage equality, to see people take that and apply it to their own lives, that was super profound and meaningful."

I'm more able to ask for what I want; talk to actors in a strong but loving way.
Lena Dunham, on her new confidence on set

Girls creator Lena Dunham says it's about time feminist issues get aired at large. CONTRIBUTED

Girls returns for its next-to-last season Feb. 21 at 10 p.m. on HBO.

Dunham created, stars in and now executive produces the series along with Konner and comedy juggernaut Apatow.

This season, Dunham hopes the show "continues to be honest and allows women to learn more about themselves and other women."

Specifically it will deal with marriage, online dating — which Dunham describes as a "big part of the zeitgeist right now" — and romance in all its hues and shades.

"What's been important to us is to do romance in a complicated way," says Dunham, "Because in real life it is, and also to show that happiness can come from more than that."

Apatow says Girls has been seen as groundbreaking in its treatment of sexuality because "Lena's had the courage to portray it. And most of this terrain is now wide open. I have a daughter who's 18 and she's now thinking, 'Oh, I could be like Lena, I could write and direct.'"

Thoughtful, self-assured and witty in person, Dunham acknowledges her own growth on set. Before Girls, she had directed two-low budget feature films and a web series.

"I've now directed 17 episodes of a very different set. So I come at it from a place of new confidence.

"I'm more able to ask for what I want; talk to actors in a strong but loving way. I'm more confident working with the materials, with the camera and blocking."

With Girls set to wrap with its sixth and final season in 2017, fans are wondering where its characters will end up.

"Without giving anything away, what's really important is that we end in a way that's honest," Dunham says.

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At 48-4, the Warriors have to go at least 25-5 the rest of the way to beat the Bulls' best-ever regular-season finish of 72-10 set in 1995-96

Hurricanes adjusting expectations on the fly

NHL

Youngsters have Carolina knocking on playoff door

Just over 9,000 fans showed up to see the Carolina Hurricanes host the Arizona Coyotes in early December. Excitement, engagement and attendance were dipping around a club that's been absent from the playoffs since 2009.

A two-month surge is turning those tides and forcing some tough questions as the Hurricanes press for an unexpected berth in the post-season.

Last in the Eastern Conference at the end of November, Carolina has run up a 17-8-6 mark over its past 31 games and is now only a few points back of a wild-card spot.

The rise has surprised the Hurricanes' brass, and general manager Ron Francis had to push back his timeline for determining how the club will approach the Feb. 29 trade deadline.

"I've been saying this for a couple months: 'We'll get a clearer picture the next week, the next week'. It's still about as clear as mud," said Francis.

Former Hurricanes captain Rod Brind'Amour speaks at Saturday's pre-game ceremony in Raleigh, N.C., celebrating Carolina's 2005-06 Stanley Cup season. KARL B DEBLAKER/THE ASSOCIATED PRESS

Carolina has thrived behind head coach Bill Peters and a roster mixed with youth and experience, especially on the back end. The Hurricanes defence features 19-year-old Noah Hanifin, 21-year-old Brett Pesce and 21-year-old Jacob Slavin, as well as vets like 35-year-old John-Michael Liles and 34-year-old Ron Hainsey.

The younger defencemen have played especially significant roles — averaging between 18-19 minutes a game — that the organization didn't expect when the season began. They've become effective staples of a blue line led by Justin Faulk, Carolina's leading scorer with 34 points.

"I think our coaching staff has done a nice job with those young guys in getting them into situations where they have success and if they make a mistake they're right back out there and they play," Francis said.

Peters has made a positive impression in his second season behind the Carolina bench. Not only have the younger Hurricanes made strides under his watch, but the group as a whole is performing effectively, ranked amongst the top-10 in puck possession while yielding less than 27 shots per game, the second stingiest mark in the league.

The club felt Peters, who served as an assistant to Mike Babcock for three seasons in Detroit before replacing Kirk Muller, was the right person to change a culture that was perceived by fans as lacking intensity.

"He's been a real good coach for us," Francis said.

The Hurricanes have missed the playoffs in each of the past six seasons, something Francis will have to be mindful of as the deadline approaches. Decisions will need to be made with a roster that has a few interesting impending free agents who could entice playoff contenders, notably captain Eric Staal.

Francis says he doesn't intend to stray from the patient rebuild he promised. Still, he could hang onto assets like Staal and pursue a long-awaited playoff berth, even if the odds are long. The community certainly could use it.

"Well I think when we took over the message was pretty clear," he said. "We wanted to build this thing right from the bottom up so that when we got to the playoffs we felt we would be a team that could compete year after year on a consistent basis."

THE CANADIAN PRESS

We wanted to build this thing right from the bottom up.
Hurricanes GM Ron Francis

10,000

Carolina saw attendance hover around and sometimes dip below 10,000 people often enough in October and November, numbers which have crept back up as the team's play has improved.

WEEKEND RECAP

T.O. cool under spotlight

2016 NBA ALL-STAR

When the players cleared the court at the Air Canada Centre on Sunday night, the NBA all-star fun continued.

Cheerleaders and just about anybody else with a pass crowded onto the hardwood for photos or just to savour the moment.

All-star weekend is a party. And like most good parties, nobody wants to leave.

For those keeping count, the West won 196-173 in a game that erased the existing all-star records for most points by one team (163) and total points by two teams (321).

While Kobe Bryant waved goodbye, a new generation of NBA stars showed off their tricks.

West coach Gregg Popovich called the experience "a joy."

"It's the most fun I've ever had at an all-star game just because of the predominant group of the young talented kids coming up like the new stars and watching them interact with each other was a thrill for me," said the veteran San Antonio Spurs coach.

And despite the frigid weather, Toronto showed its heart when it comes to hoops.

"I think everybody got the feel of the energy that we witness every single night when we play as Raptors players," said Toronto forward DeMar DeRozan, who had several highlight-reel dunks. "I think all the guys really got insight on how in-tune the city of Toronto and all of Canada is to basketball."

Added teammate Kyle Lowry: "Toronto, I think we put ourselves on the map a little bit around the world."

THE CANADIAN PRESS

AT THE SADDLEDOME

Flames come up short against Ducks

Corey Perry had a goal and two assists Monday afternoon, and the Anaheim Ducks went a perfect three-for-three on the power play in a 6-4 victory over the Calgary Flames.

The Flames led 3-2 after an action-packed first period, but with Johnny Gaudreau in the penalty box for tripping, Perry banged a Cam Fowler rebound past Jonas Hiller to tie it on the power play at 2:15 of the second.

The Ducks went right back to the man advantage when Jakub Nakladal was called for holding and needed only 11 seconds to convert, with a rebound deflecting off a couple players and going in off of Sami Vatanan to score putting Anaheim into the lead for good. THE CANADIAN PRESS

MONDAY In Calgary

6	4
DUCKS	FLAMES

IN BRIEF

Hernandez settles lawsuit with friend who was shot

Former NFLer Aaron Hernandez has settled a lawsuit filed by a man who says Hernandez shot him in the face.

The Boston Globe reported that attorneys for Alexander Bradley said in documents filed Friday in Miami that the suit was settled. Terms weren't disclosed. Bradley was seeking damages for injuries he suffered in a February 2013 shooting.

THE ASSOCIATED PRESS

SLALOM

Canada's Gagnon collects bronze

Canadian Marie-Michele Gagnon finished third Monday in a women's World Cup slalom event in Crans-Montana, Switzerland.

Gagnon, of Lac-Etchemin, Que., finished .50 seconds behind American winner Mikaela Shiffrin. France's Nastasia Noens was second, .45 seconds behind Shiffrin.

Shiffrin earned the victory in her first race after missing two months due to injury.

Crossing the line smiling after her second run, Shiffrin turned to look at the timings board then put her head in her hands.

Marie-Michele Gagnon GETTY IMAGES

"I came in blind a little bit," she said. "I knew my training skiing was some of the best I was doing but I just wasn't sure. It was kind of close your eyes and go, see what happens at the end of the run. THE ASSOCIATED PRESS

Kobe Bryant played in his final all-star game on Sunday. VAUGHN RIDLEY/GETTY IMAGES

RECIPE Quinoa Stuffed Peppers

Ceri Marsh & Laura Keogh
For Metro Canada

A healthy and easy dinner that fills you up with its mix of superfood quinoa, fibre-rich black beans and, — everyone's favourite — cheese.

Ready in
Prep time: 30 minutes
Total time: 60 minutes
Makes: 8 peppers

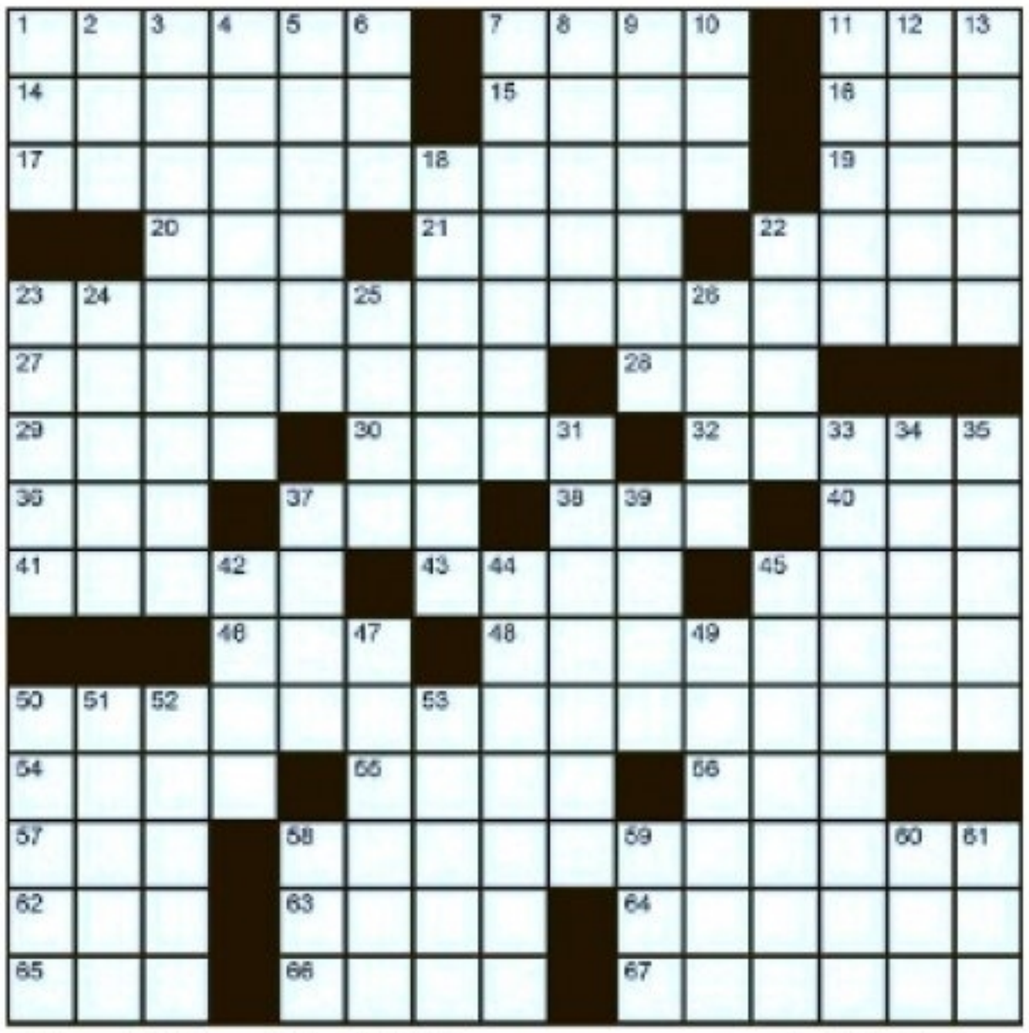
Ingredients
- 3 cups cooked quinoa
- 1 cup corn kernels
- 1/2 cup canned black beans, drained and rinsed
- 1/2 cup tomatoes, diced
- 1/2 cup cheddar cheese, grated
- 1/4 cup feta cheese, diced
- 3 Tbsp cilantro, chopped
- 1 tsp cumin
- 1 tsp chili powder
- Salt and pepper
- 8 bell peppers, tops cut, stemmed and seeded

Directions
1. Preheat oven to 350 F.
2. In a large bowl, mix everything (except the peppers) together well. Taste to check seasoning before adding salt and pepper.
3. Place all of your peppers into a 9- by 9-inch baking pan so that they stand up. Carefully spoon the filling into each pepper.
4. Bake for 30 minutes, or until the peppers are soft and the stuffing is heated through.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Something to generously pick up in a restaurant: 2 wds.
7. Microchip-implanting gr.
11. Ohs partners
14. Madonna's "La Isla _"
15. Greenish-blue
16. Mouse's lab friend
17. New comedy streaming on CraveTV set in small-town Ontario
19. Scientist's 'eggs'
20. 'To hear' in Spanish
21. Vitamins added to milk, _ _ D
22. Prayer ender
23. Not including freshwater, Canada covers over nine million what?: wd. + abbr. + wd. + wd.
27. _ Hall (New York concert venue)
28. Clear
29. Flight schedule acronyms
30. "Climb _'_ Mountain"
32. Schedule times
36. Henpeck
37. Mr. Gershwin
38. Food flavouring brand
40. Goth rocker
41. Sole pattern
43. Model-turned-mogul Heidi
45. Walter Pidgeon's character in "Mrs. Miniver" (1942)
46. Bathroom cleanser
48. Strauss 1933 title soprano role
50. The astrolabe, as used by explorer Samuel de Champlain: 2 wds.
54. Wading bird
55. Filing cabinet abbr.
56. Dick Tracy, e.g.
57. Super Bowl 2016 MVP Mr. Miller
58. Verdi opera: 3 wds.
62. Nightfall
63. Flashy fabric
64. Cabernet _ (Wine by Canadian entrepreneur Kevin O'Leary)
65. Bronze Roman money
66. U.S. liquid meas.: 2 wds.
67. Primps

DOWN
1. Li'l dinette piece
2. Furrow maker
3. VIP's crew
4. Renaissance paintings like The Death of Actaeon
5. Pied-_-_ (Country dweller's dwelling-in-the-city)
6. Tavern
7. Broccoli cooker
8. Oscar-winner Sean's
9. Frankness
[var. sp.]
10. Rita Hayworth's royal husband, _ Khan
11. Bouquet property
12. Oasis
13. Television support
18. Three-pronged Arctic fishing spear
22. Actor Alan
23. "_ of a Woman" (1992)
24. Doha's locale
25. Spa city in Hungary
26. Retro dog name
31. "That's awesome, dude.": 2 wds.
33. Make up the narration: 3 wds.
34. Singer Ms. Sande
35. Totally ticked: 2 wds.
37. Peter, Paul and Mary's "_ _ Rock and Roll Music"
39. Marvel mutant
42. Notice: French
44. _-faire
45. Cause _ (Attention-grabbing controversy)
47. Bear or elk or Canuck
49. Way worse
50. Skin care company
51. Over
52. Grapes graspers
53. Laura Branigan hit that goes "God how I love you so.": 2 wds.
58. Alien sitcom
59. Sovereign, e.g.
60. Mr. Chaney Jr.
61. Fire dept. ranks

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You have an obsession with perfection but not everyone shares your need to get it right every time. Be warned: if you push others too hard today it might tempt them to be obstructive, or even destructive!

Taurus April 21 - May 21
This is a great day for social affairs. Even if you're not usually good with words you'll be chatty and charming today and make a good impression on someone you fancy.

Gemini May 22 - June 21
If you're planning a surprise for a loved one be careful who you confide in as information could easily slip out. It may not spoil the occasion but it could take the gloss off it a bit.

Cancer June 22 - July 23
If you are still feeling down then you really must get out and about more. Mix with people who are cheerful and chatty — it won't be long before their good mood rubs off on you.

Leo July 24 - Aug. 23
If someone you don't always get along with makes an effort to be nice today you must make an effort in return. Just because you have different values does not mean you cannot be colleagues, or even friends.

Virgo Aug. 24 - Sept. 23
If you are going to push yourself to the limit, now is the time. You will find it easy to reach targets that were previously out of your reach. This is also a good time to plan a vacation.

Libra Sept. 24 - Oct. 23
There are days when, no matter how hard the task at hand, everything comes easy, and this will be one of them. Ask yourself what you would most like to accomplish, then do it.

Scorpio Oct. 24 - Nov. 22
If you limit yourself to tried and tested ways over the next few days you will not only make unnecessary work for yourself but you may miss out on something that could have made your life richer and more enjoyable.

Sagittarius Nov. 23 - Dec. 21
It may seem as if events are no longer under your control but nothing bad will happen if think logically. The important thing is to not let your heart overrule your head.

Capricorn Dec. 22 - Jan. 20
If you try to force others to follow your lead they are sure to refuse. If, however, you use your charm you will find it easy to move them in the direction you want them to go.

Aquarius Jan. 21 - Feb. 19
Identify what it is you want most out of life, then focus on it. Others may try to distract you but there is a stubborn side to your nature and when you have a goal in mind you don't stop until it is reached.

Pisces Feb. 20 - March 20
All the upsets and restrictions of the past few months are beginning to fade and by Friday you will be king, or queen, of the castle again. Always look forward. Never look back.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2	6	3	8	9	4	1	
	3						7	
						6		
					5			
		4	6	9	7	5		
			2					
		9						
	4						8	
	7	1	4	6	8	9	3	

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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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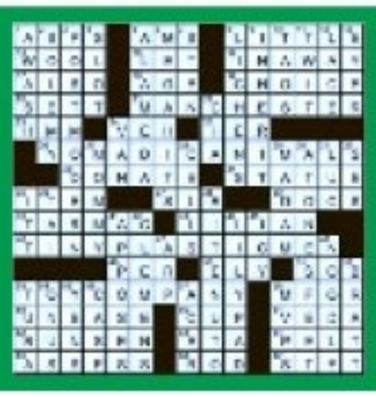

3	5	2	4	1	9	7	8	6
9	1	6	7	8	5	3	2	4
4	7	8	6	2	3	1	9	5
8	6	7	1	3	4	9	5	2
5	4	1	9	7	2	6	3	8
2	3	9	5	6	8	4	1	7
1	2	4	8	9	6	5	7	3
6	9	3	2	5	7	8	4	1
7	8	5	3	4	1	2	6	9

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